

SS -102

(MUSIC....UP AND UNDER)

Well, now that you have learned an easy way to relax and get to sleep, now is the time to help you remember better just how much more you are than your physical body. First, I will help you move again to Focus 10, where your mind is awake and your physical body is asleep.

To prepare for this, turn to your Security Repository Box, raise the heavy lid. Place in the box any worries , anxieties or concerns that you may have in your mind, anything that may get in the way of your relaxation. When you have them all in the box, close the heavy lid tightly, and turn away from the box, turn away from it, put it behind you. I will wait while you do this.

(PAUSE)

Now, I will help you reinforce the relaxation process to Focus 10, where your mind remains awake, but your physical is comfortably asleep. Let yourself follow, just remember the higher the number, the more deeply you become relaxed. If you fall asleep along the way, that's fine. I'm going to start the count now.

1, 2 3 4 5 6 7 8 9 10

Relax and feel calm and comfortable. in Focus 10.

(fill with 10 signals)

Now for the next step in remembering how truly more than physical limits you are, You can move to Focus 12 as I guide you. Focus 12, a state of expanded awareness beyond your physical knowledge, so you can just let your physical body remain relaxed and asleep.

Focus 12, the state of expanded awareness, where you can perceive and remember that part of you that has been blocked by physical body signals - just how much more you are.

((SEGUE TO F-12 HS UNDER FOLLOWING))

I'm going to count now, and you can follow, saying the numbers in your mind. 10...11...12. Focus 12... where all of the signals and information are available to you that have been shut off by your physical senses. All of these are available to you now as you remember. Remember. Relax and remember. Remain calm and relaxed. Enjoy again as you remember how much more you really are. I will join you again shortly.

((PAUSE....HOLD F-12 HS 3 MINUTES))

Now, so that you remember even more how much greater you are than your physical body, I will guide you to Focus 15, a state of expanded awareness where time does not exist...where time does not exist. In Focus 15, you will remember again in your mind how it feels to be completely free of the limits of time.

((CROSS FADE TO HS-15 SIGNALS UNDER FOLLOWING))

I'm going to count now, and you repeat the numbers in your mind. 13.....14.....15.....15. Focus 15, where your mind is free to think and remember and be without concern as to time. Relax, enjoy the freedom of Focus 15 as you remember more. I will return to guide you into even greater remembering.

((PAUSE....HS-15, 2 minutes))

Now with your conscious self free of time restraints... I will guide you to the edge of material space, which you will soon

remember, where you can think and remember all that you are... and all that you have been. We have designated this state of being as Focus 21. I will guide you now, by counting to 21, and as I do, say the numbers in your mind to yourself. 16, 17, 18 19, 20, 21... Focus 21...the edge of total freedom from time and space. Relax, enjoy the near view of total freedom, and stay calm as you perceive and remember. I will call you when you need to return back deeply into time and space.

((THETA DELTA HS SIGNALS AND MUSIC....3 MINUTES))

((CONVERT SLOWLY TO THETA SIGNALS UNDER FOLLOWING))

We will return now to full physical waking consciousness , slowly and easily as I count from 20 back to one, and as I count, repeat the numbers in your mind. With each lower number, you will become slowly and easily more aware of time and space...and the activity of your physical body.

I am going to count down now. 20, 19, 18, 17, 16, 15.....you are in Focus 15, back in the physical world but still free of time. 14, 13, 12,...Focus 12, now back in time and space, but your mind is still separate... You still remember what and who you are. Counting back more...11, 10. Focus 10, with mind awake and body still asleep.

Now I will count from 10 to 1, and when I reach the count of one, all of your five physical senses will be operating cleanly, surely, and clearly, wide awake and alert, and your mind will be bright and sharp...all of this when I reach the count of one.

10, 9, 8, 7, 6, 5,...you will be completely wide awake with all five

senses operating smoothly, and your mind bright but calm and relaxed. 5, 4,3,2, One....One! Open your eyes. Breathe slowly and deeply...and remember what you have experienced.

((MUSIC....UP AND FILL....BETA HS SIGNALS))